

International All-Round Weightlifting Association UK - I.A.W.A.(UK) **Unincorporated Association (Not For Profit) Constitution**

1. Name

The name of the association shall be the 'International All-Round Weightlifting Association' abbreviated to I.A.W.A.(UK).

2. Aims

The aims of the I.A.W.A.(UK) will be:

To offer an amateur, drug free competition platform to weightlifters interested in specifically 'All-Round Weightlifting'

Originating in 1986, having formed by a union of the UK and USA, All-Round Weightlifting Groups. IAWA has over 200 recognised lifts and many thousands of World Records, across all age and gender divisions and bodyweight classes, so any strength athlete can find their niche.

A 'Drug Free Body' with a robust drug testing programme and officers, who ensure the continuation of IAWA drug free lifting. IAWA is a democratic body and as such any of our laws or policies can be changed or amended by use of the correct procedure: application, examination, evaluation, and then a final decision made at a World Council Meeting, by a vote, where applicable.

IAWA International events include: a World Championships, which is held annually, along with the Gold Cup World Record Breakers Event, the Old Time Strongman World Championships, and a Postal World Championships. With our full programme of events, we continue to find true all-round weightlifters. As an organisation, IAWA also has the distinction of offering a competition platform where all lifters can compete against each other (Male, Female, Non-Binary (IAWA-UK), Junior, Senior and Master) on an even playing field, using the age, gender, and bodyweight formulas, to determine the Champion of Champions rankings, for the Overall Best Lifter titles.

3. Membership

Adult Membership is open to anyone who is aged 17 years and older.

Junior Membership is open to anyone who is under 16 and younger. (Parent or Guardian to give membership approval)

And either lives in the United Kingdom or is joining from another country (by affiliation, where country of origin does not have their own organisation) by prior agreement of the Membership Secretary

To support the aims of I.A.W.A.(UK) and to allow members to participate in sanctioned events.

Membership will begin as soon as the membership form and first annual payment has been received.



There will be an annual membership fee which will be agreed at the Annual General Meeting (AGM) and will be payable by all members.

Currently £20 for Adults & £10 for Juniors.

A list of all members will be kept by the membership secretary.

Ceasing to be a member

Members may resign at any time in writing to the membership secretary.

Any member who has not renewed and paid their membership fee will have deemed to have resigned.

Any offensive behaviour, including racist, sexist or inflammatory remarks, will not be permitted. Anyone behaving in an offensive way or breaking the equal opportunities policy may be asked not to attend further events or to resign from the association if an apology is not given or the behaviour is repeated. The individual concerned shall have the right to be heard by the executive committee, before a final decision is made.

4. Equal Opportunities

I.A.W.A.(UK) will not discriminate on the grounds of sex, race (including colour, ethnic or national origin), sexual orientation, disability, gender reassignment, religious or political belief, pregnancy or maternity, marital status or age.

5. Officers and committee

The business of the group will be carried out by a Committee (Executive and Non-Executive Positions) elected at the Annual General Meeting. The Committee will meet as necessary to discuss the work of the association. These meetings may be in person or on-line.

The Executive Committee will consist of 4 officers (some with multiple roles). Additional members may be co-opted onto the committee at the discretion of the committee.

The officers' roles are as follows:

President, who directs the aims and objectives of the association through the elected officers

Chair, who shall chair both general and committee meetings

Secretary, who shall be responsible for the taking of minutes and the distribution of all papers

Membership secretary, who shall be responsible for keeping records of members

Treasurer who shall be responsible for maintaining accounts

In the event of an officer standing down during the year a replacement will be elected by the next General Meeting of members.

Any committee member not attending a meeting without apology will be contacted by the committee and asked if they wish to resign.



The Committee meetings will be open to any member of I.A.W.A.(UK) wishing to attend, who may speak but not vote.

6. Meetings

6.1. Annual General Meetings

An Annual General Meeting (AGM) will be held within fifteen months of the previous AGM.

The details of the AGM are published on the I.A.W.A.(UK) website 11 Months before the date of the meeting, giving the venue, date and time.

Nominations for the committee and any item of business may be made in writing to the Secretary, two weeks before the meeting.

At the AGM: -

The Committee Officers will present a report of the work of I.A.W.A.(UK) over the year. Including any important information from the I.A.W.A. (International Governing Body).

The Treasurer will present the accounts of I.A.W.A.(UK) for the previous year.

The officers and Committee for the next year will be elected.

Any proposals given to the Secretary at least two weeks in advance of the meeting will be discussed.

6.2 Special General Meetings

The Secretary will call a Special General Meeting at the request of the majority of the committee or at least eight other members giving a written request to the Chair or Secretary stating the reason for their request.

The meeting will take place within twenty-one days of the request.

All members will be given two weeks' notice of such a meeting, giving the venue, date, time and agenda, and notice may be by telephone, email or post.

The quorum for the Special General Meeting will be 10% of the membership or 10 members, whichever is the greater number.

6.3 Committee Meetings

Committee meetings may be called by the Chair or Secretary. Committee members must receive notice of meetings at least 7 days before the meeting.

The quorum for Committee meetings is three Committee members.

7. Rules of Procedure for meetings

All questions that arise at any meeting will be discussed openly and the meeting will seek to find general agreement that everyone present can agree to.



If a consensus cannot be reached a vote will be taken and a decision will be made by a simple majority of members present. If the number of votes cast on each side is equal, the chair of the meeting shall have an additional casting vote.

8. Finances

An account will be maintained on behalf of the Association at a bank agreed by the committee (currently NatWest) Three signatories will be nominated by the Committee (one to be the Treasurer). The signatories must not be related nor members of the same household.

All payments will be signed by two of the signatories.

For cheque payments, the signatories will sign the cheque.

For other payments (such as BACS payments, cash withdrawals, debit card payments or cash payments), a copy requisition will be held by the treasurer.

Records of income and expenditure will be maintained by the Treasurer and a financial statement given at each meeting.

All money raised by or on behalf of I.A.W.A.(UK) are only to be used to further the aims of the group, as specified in item 2 of this constitution.

9. Amendments to the Constitution

Amendments to the constitution may only be made at the Annual General Meeting or a Special General Meeting.

Any proposal to amend the constitution must be given to the Secretary in writing. The proposal must then be circulated with the notice of meeting.

Any proposal to amend the constitution will require a two thirds majority of those present and entitled to vote.

10. Dissolution

If a meeting, by simple majority, decides that it is necessary to close the association, it may call a Special General Meeting to do so. The sole business of this meeting will be to dissolve the group.

If it is agreed to dissolve the group, all remaining money and other assets, once outstanding debts have been paid, will be either donated to a charitable organisation or divided between any amateur clubs with affiliation to the association to further their individual work in promoting the sport. The organisation/s will be agreed at the meeting which agrees the dissolution.

This constitution was agreed by the committee in attendance at the I.A.W.(UK) Welsh Open Championships on: - Saturday 31st August 2024

